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A Review of "A Laboratory Handbook for Dietetics." By MARY SWARTZ ROSE. New York: Macmillan. \$1.10.

This is a valuable contribution to home economic literature. It is written as a text for laboratory courses in dietetics, and it may very well be used as such, following the order suggested by Dr. Rose after a number of years of experience in teaching dietetics at Columbia University. But the usefulness of the book is by no means confined to those who wish to follow this particular outline. No class that has any work to do in the calculation of dietaries can afford to do without the tables it contains, and most classes will be very glad to welcome also the simple explanations given of calculations and its suggested score card for judging of dietaries.

The book ought, also, to be useful to those educated homemakers of the country who have a fundamental knowledge of physics, chemistry, and physiology, and who are willing to give some time to studying carefully the problem of feeding their families. The book would seem to be clearly enough written to be studied without the help of a teacher by anyone who is in earnest and who has had some scientific preparation.

The first part gives an explanation of food values and food requirements. A number of excellent tables are included to show how food requirements are modified by activity and age. To the average class in dietetics, this part will serve as a review and as a summary for ready reference of especially useful tables. The intelligent mother will be interested in the tables giving the food requirements of children, especially if she has already wondered over the rapacious appetite of growing children, and the statement sometimes made that boys from fourteen to seventeen need nine-tenths as much food as the adult man. So much depends on the work of the adult man!

Part II contains a valuable series of exercises in dietary calculations with the methods carefully explained and the mechanical work much lessened by the tables given.

Part III gives still more tables. The composition and food value of one gram, one ounce, one pound, and one standard unit, or one hundred calories portion, are given for four hundred and ninety varieties of foods. Also the very valuable tables on ash constituents given in Sherman's *Chemistry of Foods and Nutrition* are reprinted.

The appendix gives suggestions for equipping a dietetics laboratory.

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An Introduction to the Study of Adolescent Education. By CYRIL BRUYN ANDREWS. New York: Rebman Co., 1912. Pp. x+185.

The body of material concerns adolescent boys in their relation (1) to adults, (2) to immorality and sexual pathology in schools, (3) to self-assertion and discipline.